

National Network For Child Care (nccc.org)

WIGGLY FINGER WONDERFULS

You can substitute grape juice or cranberry juice for the pineapple and orange juice.

3 packages unflavored gelatin
3/4 cup pineapple juice
1 cup boiling water
1 cup orange juice

Soften gelatin in a little pineapple juice. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved. Add remaining juices. Pour into 9 X 12 inch pan. Chill until set. Cut into finger lengths. Store in covered container in refrigerator.

Makes 72 pieces, each having 4 calories, 3 mg vitamin C, and 0 mg sodium.